

THE FEATURE

MOTHER'S DAY 2022

MAGAZINE



Cryptic Pregnancy

Raising a millennial

*Let's cancel
the word
"Barren"*

CELEBRATING

Motherhood

3

EDITOR'S NOTE

5

**LET'S CANCEL THE WORD
"BARREN"**

6

CRYPTIC PREGNANCY

10

RAISING A MILLENNIAL

11

**BEING A MOTHER AND A
WOMAN IN THE WORKPLACE**

13

CELEBRATING EMPTY NESTERS!

TABLE OF *Contents*

No matter how many important and necessary commemorations we have, Mother's day will always hold a special meaning to different people. Some are celebrating their mothers in the present, some are grateful for the gift of life, while others continue to miss the mothers who are no longer with them which includes me. However you celebrate mother's day and its special meaning to you, we all have our mothers to thank for giving birth to us. This issue is no different and it was designed to not only look at motherhood from one lens but from the many different lenses that make up the whole. When reading some of the articles I was reminded of my own motherhood journey as a teenage mother in high school. Though it was tough at the time to navigate the stigma, I am now enjoying the empty nest lifestyle. My daughter is 25 this year and I am positively anxious about what's next for me to do for myself. I hope you will enjoy this special edition especially designed for mother's day and I wish you a blissful May.



EDITOR'S NOTE

Miriam Dube



VITALAB KZN FERTILITY CLINIC

ARRIVE AS A PATIENT AND LEAVE AS A PARENT

Contact us for more solutions:

031 880 1700

| www.fertilitysolutions.co.za

Let's cancel the word "BARREN"

With the belief that words such as "hoe", "cunt", "bitch" are derogatory and misogynistic terms, it may be believed that "Barren" is fairly close.

In our current society, men are graded and respected better than women. Words such as "Barren" always remain an insensitive approach to demoralizing a woman. We can call it a "low blow". This is derived from all that is expected from women. She is expected to bare offspring, expected to be a nurturer, expected to be sensitive and soft-spoken. The derogatory words come in when a woman is the opposite of what society expects her to be.

In this generation, we have independent, career women who mostly do not see themselves being called "mother". We also have women that have reached their goals but are trying for a child. There are women that genuinely have medical conditions such as fibroids and ovarian cysts, that make Conception very difficult and concerning. Well, the funny part is that no human has their biography written on their foreheads. Therefore let's not label sugar as salt just by first glance with no solid proof or "receipts" as millennial would say.

Even with backing, It is more respectful to not discuss issues unless the party brings it up. Conception remains a sacred and personal topic because every woman has their own tailored battle that is not disclosed. Therefore, the automatic urge to blab out the word "Barren" has to come to an end.

Since "cancel culture" is the "it" thing in this society, the word "Barren" when referring or offending a woman has to end. I mean, a woman's womb being compared to dry and lifeless soil, is completely unacceptable and inappropriate. Not seeing fruit doesn't always mean there's a problem with the soil.

Maybe there was no seed planted... By choice. Therefore it is more respectful to not ask or intervene in someone else's body affairs, the same way we wouldn't intervene with your personal and sensitive matters.



Senyeki Makola

CRYPTIC PREGNANCY

Surprise! You having a baby!

Many of us love surprises, however imagine having lower back pains and being told by the doctor that you are in labour. No belly, no nausea, no morning sickness, normal period and negative pregnancy tests. Spooky reality

According to Healthline, a cryptic pregnancy, also called a stealth pregnancy, is a pregnancy that is not detected in medical testing methods. From pregnancy tests, all the way to ultra sounds, the little one decides that they will be growing incognito. Television shows like TLC's "I Didn't Know I Was Pregnant" showcase extreme examples of this condition and it happens to be more common than expressed. Some women take morning after pills or miss one birth control pill, find themselves at the labor ward 9 months later. Scary right?

The tender and swollen breasts, mood swings, fatigue, and nausea, can all happen but your negative pregnancy test can turn those symptoms into it being a mere flu. Nine months later, you are woken up by lower back pain getting worse by the night. This usually happens when you are certain that the contraceptive being used is effective to a point where you ignore pregnancy signs. That irregular period may just be a bundle of joy.

There are conditions such as Polycystic Ovarian Syndrome (PCOS), which irregularates your cycle making it uneasy to track,

Perimenopause, which may have symptoms like weight gain, and low levels of pregnancy hormones, which can mean your pregnancy symptoms are very mild or close to impossible to notice. It's also possible to get pregnant again after pregnancy and before your period returns. Since breastfeeding and hormonal factors can cause your body to delay ovulation and your period for several months after birth, you may assume your symptoms are just your body adjusting to its postpartum state when you're actually pregnant once again.

If you believe that you're pregnant, opting for a blood test should be your best option. If you continue to have pregnancy symptoms after getting a negative home pregnancy test, don't delay seeking answers for months. Let's not be paranoid because our bodies as women, tend to betray us. Just when you are panicking about being pregnant, it decides to grow a belly and keep you nauseous. Whatever you do, don't trust your body, get tested. Blood tested.


Senyeki Makofa



Boss up your Mommy Shoots With

PRETTY PREGGOS

Book your monumental experience with us on:

 +27 72 557 9641

 [_prettypreggos](#)



affordable quality
you can trust



RAISING A

millennial

Raising a millennial requires high tolerance and an extra head for the many migraines you are about to get. These inquisitive and liberated beings were born in an Era that allows expression and experimentation so mom, you better be ready for a joy ride.

Millennials are the new and improved version of menaces. These individuals are known as "2ks", "2000s" or "genZ" and are the innovative future of the universe. These beings are informative visionaries. If you have a millennial, consider yourself lucky and put your shades on because the future is bright. However, it's important to know how to treat and groom your Millennial.

Firstly, from your millennial's developmental stages, it's important to start with affirmations. Positive affirmations such as "you are smart", "you are beautiful just the way you are", "your future is bright, keep trying". Accompany your "No" with an understandable reason. Imagine these beings like sponges, they absorb everything they are exposed to and will mimic it at a later stage. So let the absorbable liquid be positive and constructive.

Secondly, millennials are experimental beings so it would be to your advantage if you create a space for experiments when they are young. Make a list of careers and hobbies and make them experiment them all and go for what they drift towards the most.

Remember, as a parent you had your chance to do anything you would like to do. Even if you didn't but remember that every fingerprint comes with its own purpose. You had your trendy careers back in your day, and your millennial has theirs. Being a policeman is no longer an ideal career to millennials, allow your millennial to trial and error careers in Artificial intelligence and more careers tailored to them in their Era. You are not the dancer or the singer, they are.

Thirdly, presence and support is more valuable than the chicken you provide and the lights being on. As the parent take away the requirement of expecting a "thank you" for everything. Millennials appreciate an ear. We all have ideas that may seem ridiculous but support us in the ideas that we are persistent in and point us to the direction to elevate the ideas. Ideas fail once in a while but how your react during their hurdles will determine how they will handle hurdles going forward.

Parenting a millennial is a challenge however the biggest attributes are support, constant affirmation and affection



BEING A WOMAN AND MOTHER *in the workplace*

It's May 2022, the month of celebrating mother's day. Beyond this celebration, we yet face the challenges of women being treated unequally in the workforce

The issue of gender inequality has caused women to face numerous challenges such as the lack of a psychological safety net, lack of a safe space for sensitive and personal communication and microaggressions as stated by *Petro Grobler in his article "Being a woman and a mother in the workplace"*.

The lack of a psychological safety net occurs when women do not get an environment that allows them to voice out any issues in the workplace. Having tough conversations may eliminate the barriers. Macroaggressions may occur when a woman faces harassment in the workplace. Women are victimized by what they wear or by simply asking for assistance. Women should be treated equally and questioned as anyone else who may be applying for the same field at any workplace.

Society has painted women as mothers that have other responsibilities and children. This stigma has caused many to not be willing to hire women freely. They seem to forget that women can multi-task, by being a full-time mom, career women, and all else that is to their Power. To eliminate this, companies should begin treating women, with the same respect, dignity, and professionalism that would be given to a man.

Senyeki Makofa



Change your empty nest into paradise with

vetsak

Find us at:

www.vetsak.co.za



Celebrating Empty nesters!

After raising millennials it is only right to pop a bottle of champagne, on the day they wave goodbye. The little bird is finally flying from its parental nest to build its own. This a bittersweet moment however the sweetness dominates when you know that you're little bird is ready to face the world. Sweeter because you can finally be 21 again! Changing their room into a spa room, game room, or even a wine and cheese cellar should work. Going on vacations without contacting the babysitter has to be the best feeling ever.

Watching that uncensored show? Now you can watch it anytime. Forgot to take your towel with? Now you can casually walk in your birthday suit, with no shame. However, if your spouse is not around, there is no one home to hand you the toilet paper. When you cook a killer meal, only you are there to send compliments to the chef.

This is an early introduction into retirement, time for a new life! Set up your face mask and sip on your wine with no distraction. Finally in paradise!





H A P P Y
M O T H E R S
D A Y

